



NPSB PE Menu



Why do we prioritise PE at NPSB?

"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity." (John F Kennedy). Children can use PE to not only improve their physical fitness but develop a wealth of other virtues and skills, such as creativity, self-discipline and collaboration. Our PE curriculum aims to:

- develop a life-long love of being physically active that will allow pupils to lead happy and healthy lifestyles.
- develop proactive pupils who engage in exercising regularly and keen to partake in team sports.
- empower children by providing them with the building blocks and core skills that they need to access a wide range of active pursuits and sports.
- help to break down the social, emotional and physical barriers that they may face in life and to minimise and eliminate the possible health implications that come with an otherwise sedentary lifestyle.
- learn about our responsibility to the Global Family.
- develop pupils who are keen to take responsibility for their own learning using a virtues-led approach.

Knowledge and Skills of an athlete:

Develop knowledge and skills in: Invasion games, Net / Wall games, Striking and Fielding, Dance, Gymnastics and Swimming,

Master a range of basic and athletic movements: running, jumping, throwing and catching

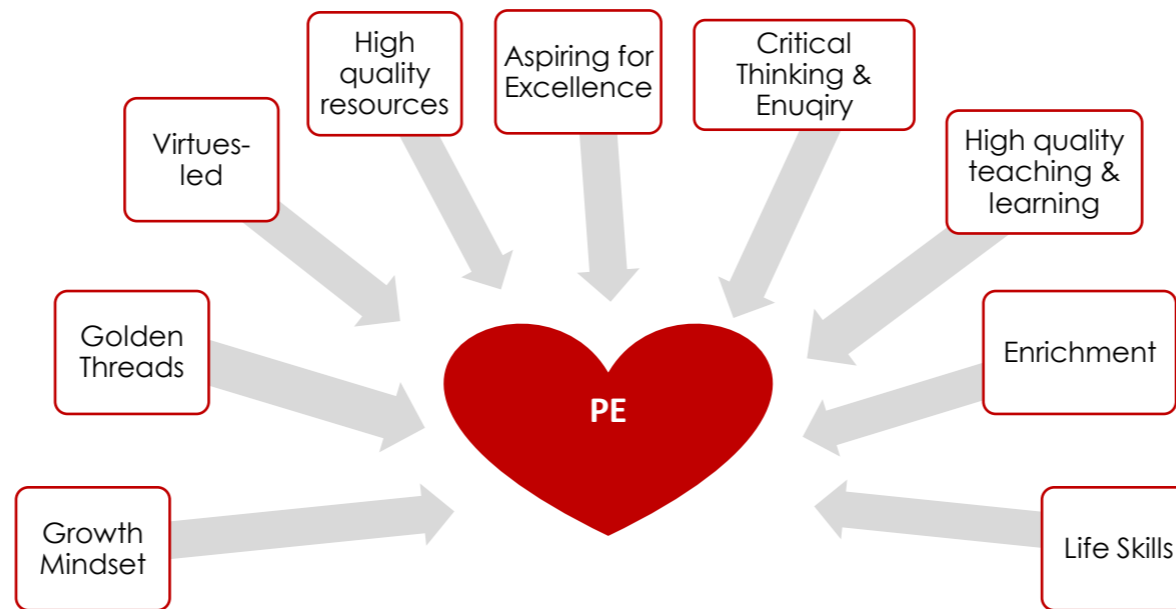
Develop knowledge and skills of: agility, balance, co-ordination, power, reaction, speed

Develop knowledge and apply above skills to team and competitive games. Develop tactics for attacking and defending

Apply knowledge and skills to perform dances.

Develop understanding of water safety.

Analyse, evaluate and compare performance.



Virtues Links

Creativity to apply skills and create new concepts.

Resilience and **determination** to keep trying and persevering when problem solving and when developing our skills, knowledge and ideas.

Through using **wisdom**, we develop **wise leadership**. We take responsibility and **accountability** for our actions and understand our impact on the world.

Using **kindness** and **respect** to others when performing and evaluating.

Understand how **collaboration, self-discipline, confidence** and **commitment** has developed peoples' ability within sports and athletics. Know how to apply this to our own learning.

Striving for **excellence** and using **diligence** in all learning and outcomes by always trying our very best.

Understand how keeping active and healthy leads to **contentment**.

Golden Threads:

GT1 – Love & Forgiveness vs Enmity & Hate **GT2** – Peace & Collaboration vs Conflict & War **GT3** – Trust in 'the Divine' / 'God'

Well-Structured	Ambitious & Inclusive	Life-Long Learners	Knowing more & remembering more	Subject knowledge and skills
<ul style="list-style-type: none"> • Well-sequenced progression of knowledge and skills document. • Vocabulary progression document. • Lesson expectation document that outlines effective ways to teach PE • Purposefully planned units of work to link and build on learning. • Key skills and concepts are progressively built on using 'big pictures' 	<ul style="list-style-type: none"> • Implementation of an ambitious, relevant and purposeful scheme – Get Set 4 PE. • Lessons led through a clear learning objectives and big pictures to promote critical thinking and curiosity. • Linking previous knowledge and skills to apply in a variety of individual and team activities. • Higher-order questioning • Inclusive enrichment opportunities. For example: weekly activity challenges, whole-school sports day, competitive team games, after school sports clubs, residential visits for outdoor pursuits (climbing, water sports, orienteering and team building), and other enrichment activities such as rock climbing, skiing and pony trekking. 	<ul style="list-style-type: none"> • Golden Thread enquiry questions e.g How does collaboration contribute to team sports? How can sportsmanship help us to resolve conflict during competitive games? • Lessons linked to virtues • Leaders of learning • Creating global citizens – understanding our responsibility to our global family. • Enrichment opportunities that foster a love of physical fitness through ambitious and engaging PE lessons as well as a wide range of enrichment opportunities. 	<ul style="list-style-type: none"> • 'The Big Picture' to capture the end goal of each unit. • 'Can You Still...?' is an opportunity to retrieve and practise previously learned knowledge and skills. • 'Our Learning Journey' is the opportunity for children to link current learning to previously taught skills and knowledge. • Enrichment opportunities such as outdoor pursuits, sports day and competitive team games which encourage the application of previously taught knowledge and skills. 	<ul style="list-style-type: none"> • High-quality teaching and learning • All staff involved in high-quality professional development and training. • Get Set 4 PE Scheme is supportive of teachers' knowledge and skills. • High-quality questioning and enquiry questions. • Opportunities to revisit previously taught knowledge and skills. • Cross-curricular links (eg Maths, PSHCE, Science and English) and opportunities to apply knowledge and skills across different contexts. • Key concepts and vocabulary explicitly taught.